



Welcome to “What's Fresh NOW #3” June 1, 2006

*The Puget Sound Fresh season takes a delicious turn this week with the arrival of the first **STRAWBERRIES** of the season at some of your local farmers' markets! (Keep watch - the good quantities will be coming about June 10)*

Plus --- the early peas are in and you can find delicious hot house tomatoes, baby turnips, radishes, fabulous salad greens/lettuces and MUCH more!

Check your local markets for all of the following - and try a new recipe this week. When you ask for and buy PUGET SOUND FRESH products, you help support our local farmers, help maintain the beautiful environment we all value, and enjoy the freshest, most flavorful and healthy produce around!

Be sure to ASK for PUGET SOUND FRESH products at your grocery stores --- they really do listen and the more consumer ask for these local products, the more the stores will try to provide them to their customers.

Bamboo Shoots - great for stir fry

Spinach - cooked, in salads or casseroles...healthy and delicious

LETTUCE: More varieties coming every week. Big, lovely heads. Heirloom varieties, and heads of every color, shape and size for your salads and garnishes or on your favorite sandwiches. Red Leaf, Green Leaf, Romaine, Red Butterhead, Green Butterhead, Babyhead, Jericho, Red Reuben, Bronze Arrow, Red Riding Hood, Black Seeded Simpson, Salad Mixes - lots of choices, by the handful or by the bag.

GREENS: Arugula, Beet Greens, Bok Choy, Chard, Collards, Dandelion Greens, Joi Choy, Kale (Red Green, Italian), Mizuna, Mustard (Chinese & Purple), Miner's Lettuce, Pea Shoots, Rapini (broccoli rabe), Sorrel, Spinach, Stinging Nettle, Turnips Greens, U-Choy, Watercress, Braising/Sauté mix, Wild Mix

MORE VEGGIES:

Beets - early varieties - great in salads or steamed
Cardoon Stalk
Carrots-wintered over and still wonderful
Cucumbers - some Japanese varieties - coming next week and delicious!
Dried Fava & Soy Beans
Fresh Garlic, Green Garlic, Garlic Chives (try garlic greens in a salad!)
Leeks - it's still soup time!
Radish; White Icicle, French Breakfast, Purple
Salad Onions: Red and Green
White Turnips (sweet, for snacking or in salads)

WILD GREENS: Stinging Nettle, Fiddlehead Ferns - try something new!

Foraged Mix: Cress, Miner's Lettuce, Wood Sorrel and Wood Violets

WILD MUSHROOMS: Morels, King Boletus, Dried varieties

HERBS: Rosemary, Cilantro, Mint, Oregano, Parsley, Sage, Thyme, Fennel - for all you cooks!

LOCAL MEATS - Most are organically raised, and absolutely delicious. Taste the difference!

PORK: Organic/Pasture-Raised and finished from the Kent Valley, Duvall and Skagit County: All cuts are at the markets - frozen and smoked. Loin, chops, roasts, ham, bacon

BEEF: Organic pasture raised and finished beef from Skagit River Ranch (Angus) Island Cooperative (Jersey) in Skagit County, Growing Things in Duvall. Steaks, Roasts, Hamburger, Summer Sausage, Jerky, London Broil, soup bones. Watch the markets for more new producers coming soon.

CHICKEN: Free-run locally raised chickens- frozen fryers and roasters from King County

EGGS: Collected every morning from organically fed, run-around-the-barnyard local chickens

CHEESE: LOTS of new varieties, made right from the milk from our local farms. Tell your local restaurants about all the great types of local cheeses they can feature.

Organic Gouda (from Jersey cows): Flavored Goudas: Cumin, Nettle, Mont Blanchard, Aged Montasio
Appel Farms Cheeses: Goudas, Cheddar, Feta, Curds, Fromage Blanc, Paneer, Quark.
Port Madison Farms Goat Cheese: Fresh Chevre: pepper, herbes de Provence, basil. Spring Goat Cheese, Aged cheddar goat cheese (6 months), Mold ripened goat Brie and Yogurt
Mt. Townsend Creamery (Port Townsend): Cow's milk cheeses.
Brie, Tomme and camembert. .

SHELLFISH: Manila Clams, Fresh Pacifica and Virginicas Oysters, Barbecued and Smoked Oysters, Mediterranean Mussels - try them at some of the farmers markets or at your local grocer store - be sure to ask if they are from Puget Sound!

HONEY: Blackberry & Wildflower; Raw, unheated & unfiltered

CIDERS - Apple and Raspberry

HARD CIDERS - Apple, Honey Apple, Berry

NURSERY STOCK: Loads of early vegetable starts, herb starts, annual bedding starts, perennials, flower baskets, flowering shrubs

FRESH FLOWERS: Farm Fresh Bouquets in a huge array of colors - from beautiful whites to vibrant, bright reds, yellows and blues!

And REMEMBER.....Watch your local grocery stores and farmers markets --- THE BERRIES ARE COMING!!!

RECIPE OF THE WEEK:

PIG TROUGH STRAWBERRY SHORTCAKE -FUN FOR A PARTY!

From Biringer Farm, Everett/Marysville

1 single serving bowl (pig trough if you're cooking for a crowd!)
1 shortcake
1 banana cut in half
_ cup milk chocolate
1 cup PUGET SOUND FRESH sweet juicy strawberries
piles of whipped cream
top with 1 BIG strawberry

Put in a clean trough:
1 shortcake sliced in half
place _ banana on each side of trough
drizzle milk chocolate over shortcake for dirt effect
pour strawberries over all ingredients
top with pile of whipped cream
place 1 GIANT strawberry on top of whipped cream
cut strawberry like a fan

Eat with hands behind back. Serves one.

From Biringer Farms

PUGET SOUND FRESH IS A PROGRAM OF THE CASCADE HARVEST COALITION. FOR MORE INFORMATION ON LOCAL AGRICULTURE, VISIT: www.pugetsoundfresh.org.